

Fantastic French Toast

Makes: 2 Servings

Dried egg mix can be used to make breakfast favorites. This french toast recipe uses prepared egg mix in the batter.

Ingredients

4 tablespoons dried egg mix
1/2 cup water
1/2 cup nonfat milk
1/2 teaspoon vanilla extract
nonstick cooking spray
6 slices whole wheat bread
2 teaspoons ground cinnamon (if you like)
Syrup (if you like)

Directions

1. Preheat a griddle or large skillet over medium heat on the stove.
2. Put dried egg mix and water in a shallow bowl and stir until mixed well. Add milk and vanilla. Mix well with fork.
3. Coat the griddle or skillet with nonstick cooking spray.
4. Dip both sides of bread, one slice at a time, in egg mixture and cook on hot griddle or frying pan.
5. Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side. If using cinnamon, sprinkle it on top. If using syrup, spread on cooked French toast.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	15 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	190 mg	